



Children Young People and Families
Programme
National CAMHS Support Service

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Children's Mental Health and Psychological Well-Being E- Bulletin

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This monthly bulletin is produced as a partnership venture between the National CAMHS Support Service www.cypf.org.uk/camhs and YoungMinds www.youngminds.org.uk

This update summarises the latest additions to the Mental Health and Psychological Well-Being section of the Mental Health and Wellbeing page of the CYPF website, and the Knowledge Community over the last month.

News Items

National CAMHS Support Service

The NCSS has been sponsored by DH and DCSF to undertake a number of projects in addition to its core programme. These projects include:

- Peri natal and infant mental health: a symposium, strengthening the national PIMH network, recommendations for core professional training curriculum, learning sets, e-learning modules, national conference)
- Anti Stigma work: practice based guidance and exemplars, develop partnerships with anti stigma campaigns, work with and advise CAMHS NAC, toolkit and guidance on the anti stigma framework (Gale, 2007) and deliver in 4 pathfinder sites, web based resources
- Participation: advise NAC, a symposium, collate and disseminate best practice, promote CAMHS user participation standards published by HASCAS and launched March 2009, develop online toolkit for user participation
- National Indicator 58: Disseminate models of best practice, identify where DCSF guidance and toolkits have been used to develop NI58 and what has been the impact
- CAMHS workforce: commission the evaluation of five leadership courses for CAMHS and BESD

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- CAMHS workforce: develop and disseminate an integrated workforce modelling tool which links CAMHS with children's services; support local and regional workforce planning
- Choice and Partnership Approach: commission and complete evaluation of the CAPA approach to CAMHS demand and capacity management
- 18 week waits: complete and disseminate exemplars of CAMHS best practice for 18 weeks' waits guidance
- TAMHS and criminal justice: identify best practice in those TAMHS pathfinders which are receiving additional funding for strengthening the links between PRUs and Special Schools and the local YOT/YISPs; identify and publish best practice regarding shared assessment/information, referral and intervention pathways, including step-up and step-down; develop an on-line tool for sharing best practice for all Phase 1, 2 and 3 TaMHS pathfinders to adopt and develop stronger links at local, regional and national level between CAMHS via TaMHS and YJB.
- for all information on these projects contact the NCSS national projects development manager Angie Pullen angie.pullen@cypf.org.uk

New Horizons

The NSF for Adult Mental Health expires later this year, and government is currently consulting on how this will be taken forward. A public consultation around the New Horizons work is planned to run up to World Mental Health Day. The New Horizons work sponsored by DH is about developing a shared vision and a national strategy for mental health taking a life-course, whole age approach. It has strong messages for emotional health and wellbeing and the mental health of young people, as well as the adults who care for them.

http://www.dh.gov.uk/en/Healthcare/Mentalhealth/NationalDirectorforMentalHealth/DH_4031946

Back on Track Projects – Call for Expressions of Interest

The aim of these projects is to improve links and partnership working between Early Intervention in Psychosis Services (EIP), Child and Adolescent Mental Health Services (CAMHS) and Post-16 learning and skills providers.

NIACE and the LSC are seeking EI and CAMHS services who;

a) are already linked and working with an FE or other LSC provider and want to participate in this particular project

b) those EI/CAMHS services who are interested in being linked with a local FE College or other LSC provider in order to participate in the project.

Expressions of interest for this project need to be sent to Clare Worrall directly by e-mail on clare.worrall@niace.org.uk and copied to Jo Smith on joda@lineone.net. Clare is happy for people to contact her to discuss the project or answer any queries on 0161 261 0469 (work) or 07920493618 (Mob). We are asking for all expressions of interest to be with Clare by end of June 2009 at the latest.

Project proposal: <http://www.cypf.csip.org.uk/silo/files/back-on-track-proposal.doc>

Report from the Back on Track project in Portsmouth: <http://www.cypf.csip.org.uk/silo/files/portsmouth-back-on-track-report.doc>

Call for Papers on Attachment

The BPS journal Educational and Child Psychology, will be running a special issues in 2010 on attachment. The Editorial Board are currently seeking relevant papers. Follow this link for more information.

<http://www.cypf.csip.org.uk/silo/files/bps-call-for-papers-on-attachment.pdf>

National Advisory Council Regional Seminars - Feedback

Feedback reports from delegates who attended the seminars are available for most seminars. Please note that the text is as typed in by delegates. The following instructions should help you find the report relevant to your area. Click on the link below and select the seminar you are interested in. Then click on the link to Agenda (at the top of the page). Then click on the link to the report (under the seminar title).

<http://www.livegroup.co.uk/NACregionalevents/index.php?view=introduction>

YoungMinds Magazine Poll

The YoungMinds poll asks people to vote on whether it should be compulsory for all primary and secondary school teachers to receive mental health awareness training, covering the risk factors and treatment options for those with problems?

<http://www.youngminds.org.uk/polls/>

Events Courses

MSc/PgDip Child and Adolescent Mental Health

Postgraduate qualification offered by the University of Salford.

<http://www.nursing.salford.ac.uk/postgraduate/camh.php>

CAMHS In Forensic Services/Working with Young Offenders

12th June, London. Jack Tizard Lecture and Day Conference. Jack Tizard lecturer - Professor Charles Borduin, *Department of Psychological Sciences, University of Missouri-Columbia.*

http://www.acamh.org.uk/bfora/systems/xmlviewer/default.asp?arg=DS_ACAMH_EVENTART_32/ page.xml/46&xsl_arg=//BF%5FACAMH%5FEV%5FE%5FNAT/&xsl_argx=3

The Future of CAMHS: Best Practice and Commissioning

16th June, London. This joint Care Matters Partnership and YoungMinds one day conference will explore the recommendations from the CAMHS Review and the future work of the National Advisory Council on CAMHS.

<http://www.carematterspartnership.co.uk/index.php/solutions/conferences-training/event/the-future-of-camhs-best-practice-and-commissioning>

Bridging the Gap: Addressing the needs of children and young people from a patient safety perspective

17th June, London. This one day conference is a chance to look at where and why they come to harm as patients, what we can do to keep them safer and how children's services can work together to give them the best possible care.

<http://www.npsa.nhs.uk/corporate/events/>

Challenging Girls

22nd June, Nottingham & 30th June, St Helens. Training day supporting the launch of two new publications dealing with girls' bullying and friendships.

<http://www.valbesag.co.uk/>

Promoting parenting, communication and family wellbeing

22nd June, Royal Society of Medicine, London. This event will highlight the importance of parenting and parental interaction/early communication with the developing baby in promoting health and wellbeing.

<http://www.rsm.ac.uk/academ/mbg105.php>

Supporting Troubled Teenagers and their Parents

Mindfields College is offering two workshops for practitioners using the human givens approach. "Supporting the parents of troubled teenagers" and "Working effectively with troubled and troublesome teenagers". The workshops combine as a comprehensive two day course, or as two separate workshops on consecutive days.

Dates are 12-13 March in London, 4-5 June in Harrogate, 29-30 October in Bristol, 16-17

November in London and 7-8 December in Manchester.

Workshops can also be booked as 'in house' days for your organisation, tailored to individual need.

Full details at <http://www.mindfields.org.uk>

Strategically Measure Impacts and Outcomes

9th July, Birmingham. One day conference that is looking at how to strategically measure impacts and outcomes.

<http://www.haymarketevents.com/conferenceDetail/348/strategically-measure-impacts-outcomes>

Developing the Child and Adolescent Mental Health Workforce - Education and training as an opportunity for students to rethink the service they deliver

10th July, City University, London. This conference is a partnership between City University, YoungMinds and the Tavistock Centre. Jo Davidson, Chair of the CAMHS Review is the keynote speaker. Student from postgraduate CAMHS courses will be given the opportunity to lead workshops where they showcase how they have put their learning into practice.

Flyer: <http://www.cypf.csip.org.uk/silo/files/student-conference-july-09.pdf>

Call for abstracts from students wishing to present papers or posters regarding their work at the conference.

Flyer: <http://www.cypf.csip.org.uk/silo/files/student-conference-call-for-abstracts.pdf>

Form for abstracts: <http://www.cypf.csip.org.uk/silo/files/student-conference-abstract-form.pdf>

Family Work in Early Psychosis

21-25 September 2009, Birmingham. This is a five-day skills-based training course on working with families in early psychosis.

<http://www.tips-info.com/doc/KURS%20vedlegg/Flyer.pdf>

<http://www.tips-info.com/doc/KURS%20vedlegg/BookingForm-Blank.pdf>

Watch, Wait and Wonder

2 day introductory course focuses on the theoretical underpinnings in attachment theory and therapeutic techniques of Watch, Wait, and Wonder will be described.

London, 19th-20th October.

Bath, 22nd-23rd October.

<http://www.my-incite.co.uk/events.html>

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Careif 2009 International Conference: Sport, Education & Culture: Promoting Health, Wellbeing and Positive Identities for Young People

11th November 2009, London. One day conference from The Centre for Applied Research and Evaluation International Foundation (*Careif*), which aims to explore and promote mental and physical health, wellbeing and positive identities for young people through sport, education and cultural practice.. The Scientific Committee invites delegates to submit abstracts for parallel paper session or a poster. **The deadline for this has been extended to the 15th June.**

<http://www.careif.ukevents.org/default.htm>

Policy and Government Reports

Work from the DCSF to support National Indicator 58: Emotional and behavioural health of children in care

Guidance on data collection on the mental and emotional health of children and young people in care

This guidance aims to help LAs provide the required information on the emotional and behavioural health of children and young people in their care.

<http://www.dcsf.gov.uk/datastats1/guidelines/children/pdf/SDQ%20guidance.pdf>

Promoting the Health and Wellbeing of Looked After Children - revised statutory guidance

DCSF are consulting on the revised edition of this guidance. The revised guidance will be statutory on PCTs and on Strategic Health Authorities as well as local authorities. The closing date for responses is 3rd August.

<http://www.dcsf.gov.uk/consultations/index.cfm?action=consultationDetails&consultationId=1610&external=no&menu=1>

NICE and SCIE guidance on Looked after Children

This guidance is in development and is due to be published in September 2010.

<http://www.nice.org.uk/Guidance/PHG/Wave17/24>

C4EO theme: Vulnerable Children (Particularly Children in Care)

Vulnerable children is one of the themes that The Centre for Excellence and Outcomes in Children and Young People's Services (C4EO) will be working on this theme until October 2010.

<http://www.c4eo.org.uk/themes/vulnerablechildren/default.aspx?themeid=3&ac>

Emotional and Behavioural Health of Looked-After Children and Young People.

One of the C4EO scoping reviews focused on the emotional and behavioural health of looked after children and young people. It assesses the nature and extent of the evidence base in relation to improving the emotional and behavioural health (EBH) of looked-after children and young people (LACYYP).

http://www.c4eo.org.uk/themes/vulnerablechildren/files/c4eo_improving_the_emotional_and_behavioural_health.pdf

Multidimensional Treatment Foster Care

Government has funded pilot programmes for young people with complex needs, who are in local authority care. They are also piloting a Multidimensional Treatment Foster Care Prevention programme with young children aged 3 to 6 years.

<http://www.dcsf.gov.uk/everychildmatters/safeguardingandsocialcare/childrenincare/fostercare/multidimensional/treatment/mtfc/>

Local Priorities Website

This website allows you to find out what national indicators local authorities have included in their local area agreement (LAA).

<http://www.localpriorities.communities.gov.uk/default.aspx>

House of Lords Debate on Children and Young People

Lords debate on government policies regarding the wellbeing of children and families.

<http://www.publications.parliament.uk/pa/ld200809/ldhansrd/text/90514-0002.htm#09051453000710>

Joint Area Reviews 2007-2008

Evidence gathered from JARs carried out in 73 LAs during 2007-8.

<http://www.ofsted.gov.uk/Ofsted-home/Publications-and-research/Browse-all-by/Care/Local-services/Joint-area-reviews-2007-08>

Annual Performance Assessment 2008

This report summarises the outcomes from the 2008 annual performance assessment (APA) of local authorities' services for children and young people.

<http://www.ofsted.gov.uk/Ofsted-home/Publications-and-research/Browse-all-by/Care/Local-services/Annual-performance-assessment-2008-report-on-outcomes>

Care Quality Commission report on NHS care of Baby Peter

Report details failing in the healthcare provided for Baby Peter.

http://www.cqc.org.uk/newsandevents/pressreleases.cfm?cit_id=34876&FAArea1=customWidgets.content_view_1&usecache=false

Evaluation of the National Healthy Schools: Interim Report

This report from the National Centre for Social Research,

<http://www.healthyschools.gov.uk/Resources/Detail.aspx?ResID=1374&RefSearch=%2fResources%2fList.aspx%3fstart%3d0%26order%3d0%26types%3d1%26count%3d10>

Government Response to The Health Select Committee Report on Health Inequalities

The Health Select committee commented on the Healthy Schools Programme and raised concerns regarding the fact that it had not been evaluated.

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_099781

Understanding what matters: A guide to using patient feedback to transform care

This guide from DH sets out best practice in terms of collecting, analysing and using patient feedback to transform services

http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_099780

The Information Standard

The aim of the DH certification scheme for health and social care information producers is to improve the quality and reliability of information provided for the public.

<http://www.dh.gov.uk/en/Healthcare/PatientChoice/BetterInformationChoicesHealth/Informationstandard/index.htm>

Reports

Improving Tier 3 CAMHS: Drawing on IAPT Experience

Report by Ann York, Morris Zwi and Richard Layard addresses a CAMHS Review recommendation that focuses on the training capacity in relation to evidence-based therapeutic approaches.

<http://cep.lse.ac.uk/textonly/new/staff/layard/pdf/RL540AImproving-tier-3-CAMHS.pdf>

Resources

YoungMinds' Parents Helpline Forum

This new forum enables parents, carers or relatives who have concerns regarding their child's emotional or behavioural problems, to ask questions and share experiences.

<http://www.shareyourstory.org.uk/>

Gizza Job

Article from the YoungMinds Magazine, by Jackie Cosh, looks at how the recession is affecting young people.

<http://www.youngminds.org.uk/magazine>

Developing Mental Health Services for Children and Adolescents with Learning Disabilities: A Toolkit for Clinicians

Book edited by Sarah Bernard and Jeremy Turk, sponsored by the National CAMHS Support Service and published by RCPsych Publications in collaboration with the NCSS, 2009. The book is £10. It can be ordered via the following link:

<http://www.rcpsych.ac.uk/publications/books/rcpp/9781904671619.aspx>

The entire book can also be downloaded:

<http://www.rcpsych.ac.uk/PDF/DevMHservCALDbk.pdf>

Research

The Effectiveness of Behavioural Interventions Which Involve Parents in the Management of Behaviour Problems Among Disabled Children: A Rapid Review

This Rapid Review from the Social Policy Research Unit, looks at the evidence of the effectiveness of 'parent-involved' behavioural interventions in managing problem behaviours among disabled children.

<http://www.york.ac.uk/inst/spru/pubs/pdf/rapid.pdf>

Prevalence of Autism-Spectrum Conditions: UK School-Based

Paper by Simon Baron-Cohen et al. used different methods to estimate the prevalence of autism spectrum conditions in Cambridgeshire. They found that the estimated prevalence was 1%, which is consistent with other studies. They also found a number of undiagnosed cases, where 'for every 3 known-cases there were at least 2 undiagnosed cases of autism spectrum condition in the

primary school population'. The authors suggest that relevant services should plan to meet the needs of 1-2% of the primary school aged population.

British Journal of Psychiatry, June 2009, V. 194(6), pp. 500-509

This publication is not freely available, but the abstract can be downloaded from the following link.

<http://bjp.rcpsych.org/cgi/content/abstract/194/6/500>

The Relation Between Parenting, Children's Social Understanding and Language

This study by N Yuill and colleagues, is a follow up to an earlier study that explore whether mothers' talk facilitates the child's social understanding in middle childhood. They found that the way that parents talk to their children influences children's later understanding. Plus, there is a role for talking about mental states, rather than just making conversation.

<http://www.esrcsocietytoday.ac.uk/ESRCInfoCentre/ViewAwardPage.aspx?awardnumber=RES-000-23-0278>

Children's Experiences with Chat Support and Telephone Support

Paper by Fukkink and Hermanns, evaluates a Dutch helpline and online chat support service called Kindertelefoon, which is aimed at 8-18 year olds. They had difficulties in engaging young people in the evaluation, but those who did get involved reported that there was an improvement in their wellbeing both after the call or chat session and for many, a month later. Many of the young people using the online chat reported having severe emotional problems. This is not a specialist service, so it highlights the need to work with mental health services to provide this specialist support.

Journal of Child Psychology and Psychiatry, June 2009, V 50 (6), pp. 759-766

If you have received this bulletin via some one else and would like your own copy or have comments please contact paula.lavis@youngminds.org.uk